



# SBRC Lap Pool

## February 1-28

Pool schedule is subject to change. Please read the bottom of the schedule for anticipated changes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
6:00am	Lap Swim	2 lanes open	Lap Swim	2 lanes open	Lap Swim					
6:30am	3 lanes open	6:00-7:00 BAM	3 lanes open	6:00-7:00 BAM	3 lanes open					
7:00am	6:30-7:30 FHS	3 lanes open	6:30-7:30 FHS	3 lanes open	6:30-7:30 FHS					
7:30am	Lap Swim 7:30-3:45	7:00-7:45	Lap Swim 7:30-3:45	7:00-7:45	Lap Swim 7:30-3:45					
8:00am		Lap Swim 7:45-12:30		Lap Swim 7:45-12:30		Lap Swim 7:45-12:30	Lap Swim 8:00-9:00	Lap Swim 8:00-11:00		
8:30am							3 lanes open			
9:00am							9:00-10:00 FHS Boys			
9:30am										
10:00am							5 lanes open			
10:30am		2 lanes open 11:00-2:00 Scuba or Synchro Alternating Weekly		2 lanes open 11:00-2:00 Scuba 2/7 & 2/21						
11:00am										
11:30am										
12:00pm										
12:30pm		3 lanes open		3 lanes open						
1:00pm		12:30-1:30 H <sub>2</sub> O Fitness		12:30-1:30 H <sub>2</sub> O Fitness		Lap Swim 2:00-4:30	2 lanes open Open Swim w/ Diving Board! 2:00-4:00			
1:30pm		Lap Swim 1:30-3:45		Lap Swim 1:30-3:45						
2:00pm										
2:30pm										
3:00pm										
3:30pm										
4:00pm	0 lanes open	0 lanes open	0 lanes open	0 lanes open	0 lanes open	Lap Swim				
4:30pm	3:45-5:45 FHS	3:45-5:45 FHS	3:45-5:45 FHS	3:45-5:45 FHS	3:45-5:45 FHS					
5:00pm	2 lanes open		2 lanes open		3 lanes open					
5:30pm		6:00-7:00 BAM		6:00-7:00 BAM		6:00-7:00 RevRun				
6:00pm		2 lanes open		2 lanes open		2 lanes open	Lap Swim			
6:30pm								5:45-8:30 Synchro	5:45-8:30 Synchro	7:00-8:30 Water Polo
7:00pm								7:00-8:30 Water Polo		
7:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim						
8:00pm										
8:30pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim						

Thursday, 2/4, 9:30-10:30am, Scuba will be in 2 lanes; Friday, 2/12, 1-2:30pm, Scuba will be in 3 lanes

Monday, 2/15, President's Day, Pool and Facility open normal hours.

FHS Girls, Morning Practice Times, End 2/12

No Break between FHS Girls and Boys swim seasons.